

Most spring classes will start the second week of April. Register for classes to avoid the waitlist.

#### Truth About Medicare

Tues, April 16, 1-2:30 p.m.

Are you confused about Medicare? What is PART A, B, C, D? What does Medicare cover? The basic needs to know about Medicare coverage will be explained. Presented by DiscoverUHealth and a professional Medicare insurance agent. Course 9384; Free

#### Montgomery County's State Health Insurance Assistance Program (SHIP)

Thurs., April 11, 10 a.m.-12 p.m.

Helps residents learn about costs-savings strategies with Medicare. Do you know what alternatives are available in Montgomery County that may help you receive healthcare, dental and vision care? Learn about how to make the most of your Medicare benefits.

Course 9349; Free

#### Program Assistance Fund

Money is available to assist you to pay for memberships, classes, and trips! Interested participants must be a Rockville resident ages 60+. Photo ID and/or verification documents of City Residents and income documents. Call 240-314-8810 for more information.

This is an easy process and we are here to help you.

#### Senior Center Hours:

Monday-Friday,  
8:30 a.m.-5 p.m.

Registrations available  
until 7 p.m. M-F  
Saturday, 8:30 a.m.-1 p.m.  
(Drop-in use only)

#### Fitness Center Hours:

Monday-Thursday,  
7 a.m.-8 p.m.  
Friday, 7 a.m.-7 p.m.  
Saturday, 7 a.m.-4 p.m.

1150 Carnation Drive  
Rockville, MD 20850  
240-314-8800

For updates and  
information visit our  
website:

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

Follow Rockville Senior  
Facebook

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rockvilleSeniors](http://www.facebook.com/rockvilleSeniors)



#### Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact: Martha McClelland; 240-314-8816, or Andrea Rogers; 240-314-8817.

#### Getting from Point A to B

Wed, April 24, 10-11 a.m.

Learn more about many transportation options in the area. Get assistance filling out applications for Metro Access and Montgomery County Call-n'-Ride. Abby Levin, information and mobility specialist with Connect-A-Ride, is available to assist with all of this!

Course 9351; Free

#### Thursday & Friday Movie Matinees at the Senior Center

##### Free Solo

April 4 & 5, 1-3 p.m.

This National Geographic Documentary Film is a stunning, intimate and unflinching portrait of the free soloist climber Alex Honnold, as he prepares to achieve his lifelong dream: climbing the face of the world's most famous rock... the 3,000ft El Capitan in Yosemite National Park... without a rope. **Rated PG-13** for brief strong language.

##### If Beale St. Could Talk

April 11 & 12, 1-3 p.m.

Set in early-1970s Harlem, a timeless and moving love story of both a couple's unbreakable bond and the African-American family's empowering embrace, as told through the eyes of a 19-year-old. A daughter and wife-to-be, Tish vividly recalls the passion, respect and trust that have connected her and her artist fiancé Alonzo Hunt (Fonny). Friends since childhood, the devoted couple dream of a future together but their plans are derailed when Fonny is arrested for a crime he did not commit. **Rated R** for language and some sexual content.

# Rockville Senior Center Highlights

April 2019

A full list of classes can be found in our seasonal 60+ Recreation Guide. The guide can be found online at [www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter), at the Senior Center or any city facility.

#### Salsa Nights

Tues. 4/2, 5/7, 6/4, 5-6:30 p.m.

Dance the night away! Begin with a 30-minute salsa lesson, followed by an hour of open dancing. All levels of abilities are welcomed. No partner required. Light refreshments will be served.

Course 9026; \$15

#### Birthday Party

Wed, April 3, 1:30-3 p.m.

Sponsored by: Bruce & Nancy Abram, Lucinda Hall, Judy Pretka, Oscar Sejas  
Entertainment: Michael Poist Country Western Singer

Course 8660; Free/\$7

#### Supper Club

Tues, April 16, 5-7 p.m.

April Supper Club celebration the 37<sup>th</sup> Anniversary of the Senior Center, catered dinner and entertainment. Register by April 8 unless filled. Bus transportation available to Rockville residents.

Course 9413; \$20/\$25

#### Foam Rolling

Thurs, April 18-June 13, 12:15-12:45 p.m.

This class will help you sooth tight muscles by using a foam roll for self-massage. Release tension and speed up muscle recovery in as little as 30 minutes. For the active participant. This class includes work done on the mat.

Course 9271; \$65/\$81

#### Summer Class Registration

Tues. May 7- Senior Center Members

Thurs. May 9- Non members

8:30 a.m.

Membership must be current to receive the member discount. Please update your membership prior to registration day.

#### Art Show Reception

Thurs., May 16, 6-8 p.m.

Features the works of Val Fry's Senior

Watercolor Classes

Sponsored by Brightview

Senior Living. FREE

**BRIGHTVIEW**  
SENIOR LIVING



\*All programs are held at the Rockville Senior Center unless otherwise noted\*

#### Young In Heart Club Anniversary

Thurs., April 11, 11 a.m.1 p.m.

Celebration of 69 years with guest speaker, Lauryn Ricketts of Channel NBC4.

Catered Luncheon open to all current YIH Club members.

Thank you to Brightview Falls Grove for sponsoring this wonderful celebration!



#### Spring Flower Happy Hour

Tues., April 30, 4:30-6 p.m.

Enjoy an evening out to meet new friends and the staff at the

Senior Center. Donations

accepted for the Program

Assistance fund. Wine and

refreshments will be served.

Bus transportation is available to Rockville residents by calling

240-314-8810.

Course# 9407



#### Rockville Seniors, Inc. Spring Bazaar

Sat., May 4, 9 a.m.-2 p.m.

Handmade crafts, vendors, plant sale, bake sale, book sale, & More. Lunch available for purchase. Vendor and craft table available.

#### Building & Fitness Room Closed

Monday, May 27  
Memorial Day